What About Prediabetes?

Prediabetes happens when someone has elevated blood sugar, but it's not quite high enough to be considered diabetes.

The transition from prediabetes is not a foregone conclusion.

The CDC maintains “Progression to diabetes among those with prediabetes is not inevitable. Studies suggest that weight loss and increased physical activity among people with prediabetes prevent or delay diabetes and may return blood glucose levels to normal.”

The National Diabetes Information Clearinghouse supports this assertion, explaining, “people with prediabetes—at high risk of developing type 2 diabetes—could sharply lower their risk by losing weight through regular physical activity and a diet low in fat and calories.”

Type 2 Diabetes

Type 2 diabetes accounts for 90-95% of all diabetes cases and happens when the body is unable to effectively use insulin to move glucose from the blood and into its cells.

People are at a higher risk of diabetes when they are age 45 or older, dealing with impaired glucose tolerance, obese, physically inactive, and/or related to other people with diabetes. People with type 2 diabetes are at an increased risk of heart disease, stroke, blindness, kidney failure, and lower-extremity amputations.

According to the Centers for Disease Control and Prevention (CDC), “people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating.”